

Cold Menu - Term 1*

Early Childhood Education

For the weeks of:

Aug 30th - Sept 3rd
Sept 20th - Sept 24th
Oct 11th - Oct 15th
Nov 1st - Nov 5th

MONDAY 8/30/2021		TUESDAY 8/31/2021	WEDNESDAY 9/1/2021	THURSDAY 9/2/2021	FRIDAY 9/3/2021
BREAKFAST					
Breakfast	Whole Grain Apple Muffin/ Diced Pears/ 100% Apple Juice	Assorted Cereals and Whole Grain Graham Crackers/ Chilled Pineapples	Zucchini Bread/ Fresh Apple Slices	Fruit & Yogurt Parfait/ All-Mixed-Up Fruit Cup	Whole Grain Plain Bagel w/ Cream Cheese / Mandarin Oranges
Milk	Nonfat or 1% White Milk				
LUNCH					
Entrée	Turkey Ham & Cheese Sub Sandwich	Chicken Salad Sandwich	Tuna Salad Sandwich	Italian Sandwich	American Sub Sandwich
	Egg Salad Sandwich V	Sunbutter & Jelly Sandwich VE	Mediterranean Hummus Wrap VE	Vegan Garden Wrap VE	Hearty Garden Salad w/ Whole Grain Tortilla Chips V
Vegetables From the Field	Chilled Black Beans	Broccoli Florets w/ Dip	Cucumber Coins w/Dip	Garden Bar Salad w/ Dressing	Chilled Corn
Fruits	Chilled Pineapples	All-Mixed-Up Fruit Cup	Applesauce Cup	Diced Pears	Fresh Apple Slices
Milk	Nonfat or 1% White Milk				

*Subject to change based on availability

V - indicates vegetarian

VE - indicates vegan

Green Color Font - indicates locally sources produce

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Early Childhood Education

For the weeks of:

Sept 6th - Sept 10th

Sept 27th - Oct 1st

Oct 18th - Oct 22nd

MONDAY 9/6/2021						TUESDAY 9/7/2021		WEDNESDAY 9/8/2021		THURSDAY 9/9/2021		FRIDAY 9/10/2021	
BREAKFAST													
Breakfast		Banana Bread/ Fresh Clementine/ 100% Orange Juice		Assorted Cereals and Whole Grain Graham Crackers/ Applesauce Cup		Whole Grain Biscuit w/ Jelly/ All-Mixed-Up Fruit Cup		Fruit & Yogurt Parfait/ Chilled Pineapples		Whole Grain Bagel w/ Cream Cheese/ Fresh Apple Slices			
Milk		Nonfat or 1% White Milk											
LUNCH													
Entrée		Chef Salad Wrap		Chicken Caesar Wrap		Southwest Chicken Sandwich		Chilly Philly Sub Sandwich		Chicken Taco Salad			
		Sunbutter & Jelly Sandwich VE		Lift-Off! Spinach Salad w/ Tortilla Chips VE		Sweet Potato Wrap VE		Greek Salad w/ Tortilla Chips V		Garden Wrap V			
Vegetables From the Field		Blue Ribbon Slaw		Chilled Corn		Garden Bar Salad		Pinto Beans		Diced Tomatoes			
Fruits		All-Mixed-Up Fruit Cup		Diced Peaches		All-Mixed-Up Fruit Cup		Applesauce Cup		Mandarin Oranges			
Milk		Nonfat or 1% White Milk											

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For the weeks of:

Sept 13th - Sept 17th

Oct 4th - Oct 8th

Oct 25th - Oct 29th

MONDAY 9/13/2021		TUESDAY 9/14/2021	WEDNESDAY 9/15/2021	THURSDAY 9/16/2021	FRIDAY 9/17/2021
BREAKFAST					
Breakfast	Assorted Cereals and Whole Grain Graham Crackers / Mandarin Oranges	Whole Grain Bagel w/ Cream Cheese / Diced Pears	Whole Grain Blueberry Muffin/ Fresh Apple Slices	Fruit & Yogurt Parfait/ Diced Peaches	Banana Bread/ All-Mixed-Up Fruit Cup
Milk	Nonfat or 1% White Milk				
LUNCH					
Entrée	Classic Chef Salad w/ Garlic Knot Bread	Chicken Dipper Salad w/ Tortilla Chips	Buffalo Chicken Wrap	Asian Chicken Wrap	Chicken Caesar Salad w/ Dinner Roll
	Veggie Lo Mein VE	Greek Salad w/ Tortilla Chips V	Black Bean Macaroni Salad w/ Tortilla Chips VE	Asian Hummus Wrap VE	Hearty Garden Salad w/ Dinner Roll V
Vegetables From the Field	Garden Bar Salad w/ Dressing	Chilled Corn	Broccoli Florets w/ Dip	Tomato & Cucumber Salad	Three Bean Salad
Fruits	Chilled Pineapples	Mandarin Oranges	Applesauce Cup	Fresh Banana	Fresh Apple Slices
Milk	Nonfat or 1% White Milk				

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